



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Alexander Gieraths

Number: 585

Course: 10.10 km  
10,1 km - Lauf

Category:  
Senioren M50 (50-54) I

Total time: 1:09:05

Speed: 8.69 km/h  
Running performance: 6:50 min/km

Rank in course/Total: 108 (of 178)

Rank in course/Men: 81 (of 117)

Best time in course: 38:24

Rank in category: 7(of 11)

Best time in the category: 49:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	31:10	7:36	7	8:54	83	13:31	4.10	31:10	7:36	7	8:54	83	13:31
Control	0.90	8:20	9:15	7	2:50	94	5:14	5.00	39:30	7:54	7	11:44	84	36:24
Ilsestein	1.00	7:08	7:08	7	1:57	83	3:32	6.00	46:38	7:46	7	13:41	84	30:33
Ilseburg/Markt	4.10	22:27	5:28	6	5:52	80	9:36	10.10	1:09:05	6:50	7	19:33	81	30:41